# Multimedia Appendix4: Meta-analysis and forest plots

## **Mental Health and General/Overall Health outcomes**

## **Change in Depression**

	Experimental		(	Control			Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean		Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI				
1.1.1 Internet: Information	ı / Educat	tion											
Beauchamp, 2005	-1.4	7.574	150	1	7.819	149	19.3%	-0.31 [-0.54, -0.08]	-				
Kajiyama, 2013	-2.52	5.532	46	-0.77	6.215	57	14.4%	-0.29 [-0.68, 0.10]	<del></del>				
Núñez-Naveira, 2016 Subtotal (95% CI)	-2.37	5.98	30 <b>226</b>	-0.65	6.254	31 <b>237</b>	11.5% <b>45.2%</b>	-0.28 [-0.78, 0.23] - <b>0.30 [-0.49, -0.12]</b>	•				
Heterogeneity: Tau <sup>2</sup> = 0.00	): Chi²= f	102 df=		n 99\· F	²= 0%			,,	Ť				
Test for overall effect: Z = 3			20	0.00/, 1	- 070								
1001101 0401411 011001. 2 = 0	J. 20 (i -	0.0017											
1.1.2 Internet: Information	n/ Educat	ion + Ps	ychos	ocial su	pport -	Peer							
Cristancho-Lacroix, 2015 Subtotal (95% CI)	0.3	4.6	25 <b>25</b>	-0.1	2.7	24 <b>24</b>	10.3% <b>10.3%</b>	0.10 [-0.46, 0.66] <b>0.10 [-0.46, 0.66</b> ]	<del>-</del>				
Heterogeneity: Not applica	able												
Test for overall effect: Z = 0	0.36 (P =	0.72)											
1.1.3 Internet: Information	n/ Educat	ion + Ps	sychos	ocial su	pport -	Profes	sional						
Blom, 2015 Subtotal (95% CI)	-2.35	8.21	90 <b>90</b>	0.34	7.51	90 <b>90</b>	17.3% <b>17.3%</b>	-0.34 [-0.63, -0.05] <b>-0.34 [-0.63, -0.05</b> ]	<del>-</del>				
Heterogeneity: Not applica	able												
Test for overall effect: Z = 2		0.02)											
4.4.5.1.4	. / 5	: D-		:-!		D	. Db-	i-lt Dfil					
							_	social support - Professional					
Pagan-Ortiz, 2014		0.403	15	-0.1	0.35	17	7.8%	0.31 [-0.39, 1.01]	<del> </del>				
Pierce, 2009		6.966	36		6.222	37		0.39 [-0.07, 0.85]	T-				
Smith, 2012	-7.8	8.993	15	2	7.856	17	7.0%	-1.14 [-1.89, -0.38]					
Subtotal (95% CI)			66			71	27.3%	-0.11 [-1.01, 0.78]					
Heterogeneity: Tau <sup>2</sup> = 0.52	-		= 2 (P	= 0.002	); I <sup>2</sup> = 8;	3%							
Test for overall effect: Z = 0	J.25 (P =	0.80)											
Total (95% CI)			407			422	100.0%	-0.19 [-0.43, 0.05]	•				
Heterogeneity: Tau <sup>2</sup> = 0.08	i; Chi² = 1	7.23, df	= 7 (P	= 0.02);	$I^2 = 59^{\circ}$	%			-4 -2 0 2 4				
Test for overall effect: Z = 1	-	-							, , ,				
Test for subgroup differen	ces: Chi²	Test for overall effect. Z = 1.55 (P = 0.12)  Favours [experimental] Favours [control]  Favours [experimental] Favours [control]											

## **Change in Stress / Distress**

	Experimental			C	Control			Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI			
1.2.1 Internet: Information /	Educati	on										
Beauchamp, 2005	-3.4	5.111	150	-0.7	4.771	149	28.5%	-0.54 [-0.78, -0.31]	-			
Kajiyama, 2013	-2.63	3.633	46	0.19	4.964	57	20.1%	-0.63 [-1.03, -0.23]	<del></del>			
Subtotal (95% CI)			196			206	48.6%	-0.57 [-0.77, -0.37]	<b>♦</b>			
Heterogeneity: Tau <sup>z</sup> = 0.00; (	Heterogeneity: $Tau^2 = 0.00$ ; $Chi^2 = 0.14$ , $df = 1$ (P = 0.71); $I^2 = 0\%$											
Test for overall effect: $Z = 5.5$	66 (P < 0	.00001)	)									
1.2.2 Internet: Information/	Educatio	on + Ps	ychoso	cial sup	port - I	Peer						
Cristancho-Lacroix, 2015	-0.5	8	25	-0.7	4.5	24	14.0%	0.03 [-0.53, 0.59]	<del></del>			
Hattink, 2015	-4.59	4.157	27	-0.66	4.064	32	14.6%	-0.94 [-1.49, -0.40]	<del></del>			
Subtotal (95% CI)			52			56	28.6%	-0.46 [-1.41, 0.50]				
Heterogeneity: Tau² = 0.40; (	Chi² = 6.	01, df=	1 (P=	0.01); l²	= 83%							
Test for overall effect: Z = 0.9	34 (P = 0	.35)										
1.2.3 Internet: Information/	Educatio	on + Ps	ychoso	cial sup	port - I	Peers +	Psychos	ocial support - Professional				
Marziali, 2006	-1.326	5.44	23	2.519	5.44	15	11.1%	-0.69 [-1.36, -0.02]	<del></del>			
Torkamani, 2014	-0.38	4.042	17	-0.65	3.389	20	11.6%	0.07 [-0.58, 0.72]	<del>_</del>			
Subtotal (95% CI)			40			35	22.7%	-0.30 [-1.05, 0.44]	<b>*</b>			
Heterogeneity: Tau² = 0.18; (	Chi²= 2.	58, df=	1 (P=	0.11); l²	= 61%							
Test for overall effect: Z = 0.8	80 (P = 0	.42)										
Total (95% CI)			288			297	100.0%	-0.48 [-0.75, -0.22]	<b>◆</b>			
Heterogeneity: Tau² = 0.05; (	Chi² = 9.	88, df=	5 (P=	0.08); l²	= 49%				-4 -2 0 2 4			
Test for overall effect: Z = 3.5	54 (P = 0)	.0004)							Favours [experimental] Favours [control]			
Test for subgroup difference	s: Chi²=	= 0.47, 0	f= 2 (F	P = 0.79	$  \mathbf{l}  ^2 = 0.9$	%			i avouro [experimentar] i avouro [control]			

# **Change in Anxiety**

	Experimental Control							Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI			
1.3.1 Internet: Inform	nation / E	ducatio	n									
Beauchamp, 2005 Subtotal (95% CI)	-0.9	4.035	150 <b>150</b>	0.9	4.525	149 <b>149</b>	62.3% <b>62.3%</b>	-0.42 [-0.65, -0.19] - <b>0.42 [-0.65, -0.19</b> ]	•			
Heterogeneity: Not ap	oplicable											
Test for overall effect:	Z= 3.58	(P = 0.0	0003)									
1.3.2 Internet: Inform	nation/ Ed	ducation	ı + Psy	/chosod	cial sup	port - P	rofession	nal				
Blom, 2015 Subtotal (95% CI)	-1.69	3.26	90 <b>90</b>	-0.47	3.41	90 <b>90</b>	37.7% <b>37.7%</b>	-0.36 [-0.66, -0.07] - <b>0.36 [-0.66, -0.07]</b>	•			
Heterogeneity: Not ap	oplicable											
Test for overall effect:	Z = 2.42	(P = 0.0	02)									
Total (95% CI)			240			239	100.0%	-0.40 [-0.58, -0.22]	<b>◆</b>			
Test for overall effect:	Heterogeneity: Tau <sup>2</sup> = 0.00; Chi <sup>2</sup> = 0.08, df = 1 (P = 0.77); I <sup>2</sup> = 0%  Test for overall effect: $Z = 4.31$ (P < 0.0001)  Test for subgroup differences: Chi <sup>2</sup> = 0.08, df = 1 (P = 0.77), I <sup>2</sup> = 0%  Favours [experimental] Favours [control]											

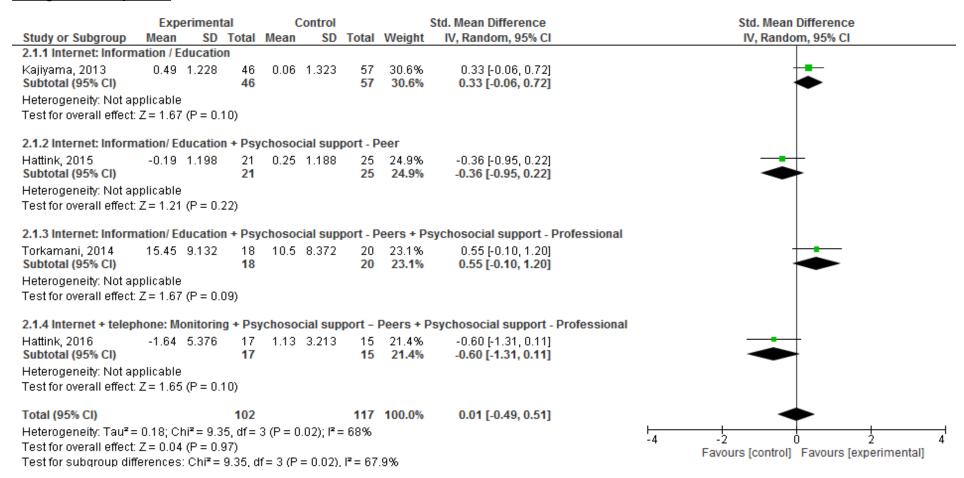
## **Change in Coping**

	Exp	eriment	tal	C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
1.4.1 Internet: Inform	nation / E	ducatio	n						
Beauchamp, 2005 Subtotal (95% CI)	1	8.039	150 <b>150</b>	1	7.881	149 <b>149</b>		0.00 [-0.23, 0.23] <b>0.00 [-0.23, 0.23]</b>	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 0.00	P = 1.	00)						
			_			-		sychosocial support - Profes	essional
Namkoong, 2012 Subtotal (95% CI)	-0.42	0.655	49 <b>49</b>	-0.4	0.713	55 <b>55</b>	25.7% <b>25.7%</b>	-0.03 [-0.41, 0.36] - <b>0.03 [-0.41, 0.36]</b>	<del>-</del>
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 0.15	P = 0.	88)						
Total (95% CI)			199			204	100.0%	-0.01 [-0.20, 0.19]	<b>+</b>
Heterogeneity: Tau² =	0.00; CI	hi² = 0.0	)2, df=	1 (P = 0	.90); l²:	= 0%			<u> </u>
Test for overall effect:	Z = 0.07	P = 0.	94)						Favours [control] Favours [experimental]
Test for subgroup diff	ferences	: Chi²=	r avours [control] if avours [experimentar]						

# **Change in Overall Mental health**

	Expe	riment	tal	C	Control			Std. Mean Difference		Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% CI				
1.5.1 Internet: Inform	nation/ Ed	ucatio	n + Ps	ychoso	cial su	pport -	Peers + P	sychosocial support -	Professional					
DuBenske, 2014 Subtotal (95% CI)	-0.23	0.51	45 <b>45</b>	-0.06	0.637	52 <b>52</b>		-0.29 [-0.69, 0.11] - <b>0.29 [-0.69, 0.11</b> ]						
Heterogeneity: Not ap Test for overall effect:		(P = 0.	.16)											
<b>Total (95% CI)</b> Heterogeneity: Not ap Test for overall effect: Test for subgroup diff	Z=1.42	•		ıle		52	100.0%	-0.29 [-0.69, 0.11]		-4 -2 0 2 Favours [experimental] Favours [control]	<b>⊣</b>			

#### **Change in Quality of life**



# **Change in Overall Health**

	Experimental			C	ontrol		9	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
2.2.1 Internet: Information/	Education	on + Ps	ychos	ocial su	pport -	Peer			
Cristancho-Lacroix, 2015	-2.6	30.6	25	11.9	34.2	24	53.1%	-0.44 [-1.01, 0.13]	
Subtotal (95% CI)			25			24	53.1%	-0.44 [-1.01, 0.13]	
Heterogeneity: Not applicat	ole								
Test for overall effect: $Z = 1$ .	52 (P = 0)	.13)							
2.2.2 Internet: Information/ Torkamani, 2014 Subtotal (95% CI) Heterogeneity: Not applicab Test for overall effect: Z = 2.	0.15 ole	0.219	ychoso 9 9		<b>pport</b> - 0.163	Peers 10 10	-	social support - Professional 1.25 [0.24, 2.25] 1.25 [0.24, 2.25]	
Total (95% CI)			34			34	100.0%	0.35 [-1.30, 2.00]	
Heterogeneity: Tau <sup>2</sup> = 1.25;			1 (P=	0.004);	I² = 889	%			-4 -2 0 2 4
Test for overall effect: Z = 0. Test for subgroup differenc	,	•		Favours [control] Favours [experimental]					